More Than Just Rubbing

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The Sacramento Star

A Fortnightly Journal of News and Opinion for the Women and Men of the Gay Community

Volume 1, Number 4 *July 14, 1982*

'Living Sober' is Theme of Gay Alcoholics' Meet

By DONNA J. LENTINE

San Francisco gay and lesbian members of Alcoholics Anonymous, Living Sober, and Al/Anon hosted the seventh annual Western Roundup July 2-4 at the San Francisco Hilton.

According to the sponsors, the purpose of the conference was "education, sharing, and visibility for any homosexual having the desire to remain sober."

The three-day conference featured workshops, meetings, film reviews, dancing, a banquet, fundraising activities, and open assemblies with several guest speakers. Participants of all races, ages, and denominations, from such places as Saudi Arabia, Hawaii, and New York, joined to form a "single fellowship of sharing and caring among gay and lesbian alcoholics."

More than 1200 people attended the conference, paying $25 each to register. Groups and individuals paid registration fees for more than 90 attendees who otherwise could not have been present. All of these, and the hundreds of additional participants in on-going open meetings, created an ever present wave of hugs and excitement. Countless individuals and couples shared the trials and rewards of their "complete and rigorous honesty" to achieve from less than three months to more than 28 years of total sobriety.

Organizers called the conference a "family reunion of miracles, celebrating our freedom and independence from the monkey on our backs." A message of acceptance, "without the risk of homophobia," typified the importance of a separate conference strictly for lesbian and gay alcoholics. As one participant put it, "I'm so very calm, to let go of so many images and anxieties and to feel so much love and power about being who I am."

Throughout the events, which covered a broad range of topics such as "Staying Away from the First Drink," "Aging," "Incest," "Atheist/Agnostic—Staying Sober in a Spiritual Program," and "Relationships—Living Happily Ever After One Day at a Time," participants expressed feelings of gratitude and serenity.

Said one, tearfully, "It's so beautiful

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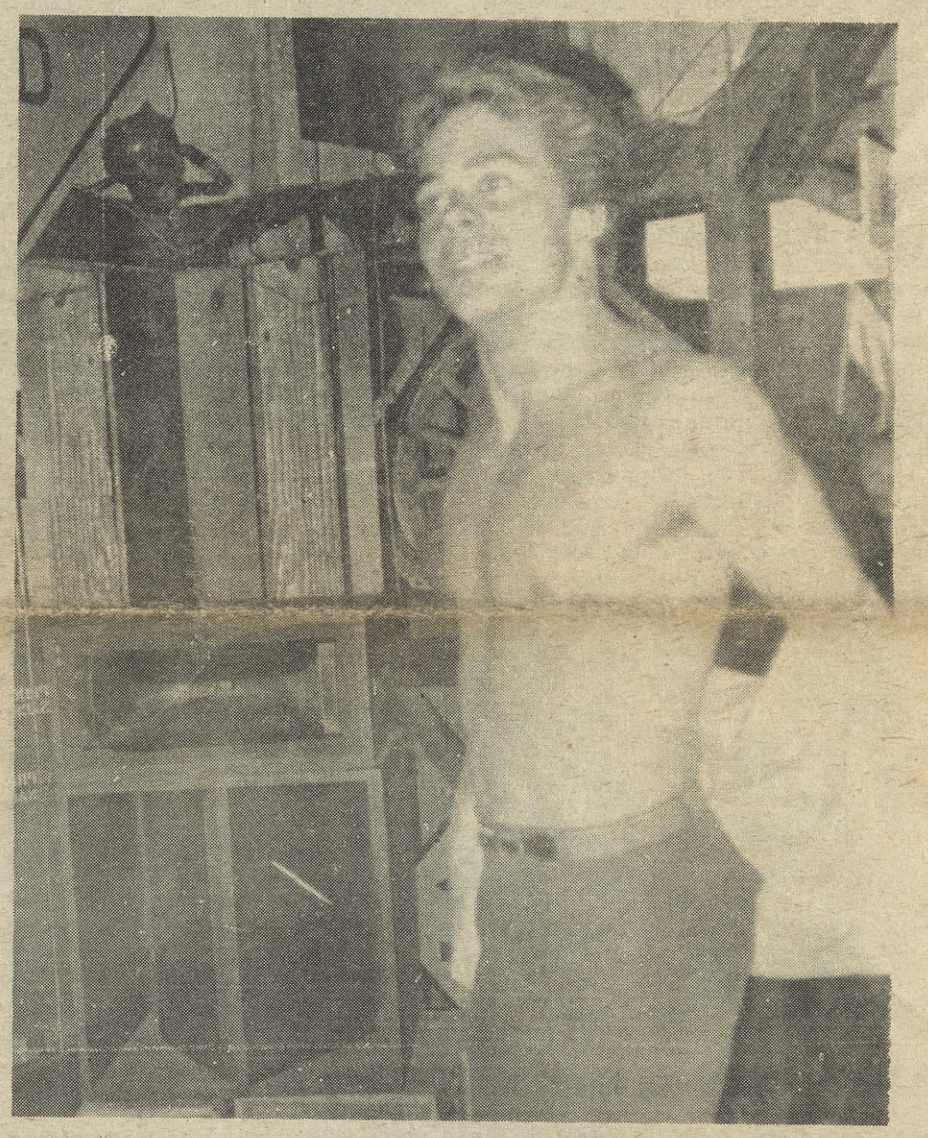

STAR Photo by Gene Hoisington

Stripper Entertains Crowd at Broadway

It was Stripper Night at the Broadway Ltd. recently. Jay, above, got the crowd into the mood as he went from formal attire to a pair of bikini briefs. A $25 prize was offered to the best amateur stripper, but only one brave lad took up the challenge.

RCBA, NOW Sponsor Self-Defense Class

The River City Business Association and the Sacramento chapter of the National Organization for Women will jointly sponsor a self-defense class on August 16, RCBA President Ilka Archer announced at the RCBA general meeting Monday night, July 12.

In other business, the association made a grant of $350 to the Lesbian/Gay Freedom Committee to help make up its deficit, and announced prorated membership fees for the rest of 1982.

On Monday, August 16, from 6 to 10 p.m., RCBA and N.O.W. will sponsor a self-defense course for men and women. The training, by law enforcement personnel, will take place in the parking lot of Archer Furniture, 6105 Stockton Boulevard. Total cost of the class is $16—$11 for registration and training, $5 for CN, the chemical repellent used. To register, call Ilka Archer or Pat Steele at 424-5086.

Excess monies from the training class (the cost to RCBA decreases as the number in the class increases) will be donated to the Sacramento Rape Crisis Center.

Jerry Sloan, co-chair of the 1982 Lesbian/Gay Freedom Committee, reported that the committee's total expenses for the week's celebration were $1423, and that a deficit of $595 remains. He returned to RCBA $350 granted previously to sponsor a band for the parade, since no band participated in the parade. Sloan then asked that the association donate that amount to the committee, without restrictions, to help reduce the deficit.

After discussion which emphasized the ability and need for other community organizations to support the Freedom Week program, the membership voted to grant $350 to the Lesbian/Gay Freedom Committee.

It was also announced that at its meeting on June 21 the RCBA Board of Directors had authorized prorating of dues on a quarterly basis for the remainder of this year, in an effort to attract new members. Dues for July through December will be $20; for October through December will be $10.

After the business meeting, David Brown, Certified Financial Planner, spoke on "An Introduction to Financial Planning" and answered questions on the subject.★

Parents/Friends Group Hears About Guilt

Dr. Terry Sandbek led the discussion at the monthly meeting of Parents and Friends of Lesbians and Gays on Tuesday, July 6.

Sandbek, a consulting psychologist with a Ph.D. from Fuller Theological Seminary in Pasadena, focused primarily on ways for parents to deal with the guilt they feel when they find out that their children are gay or lesbian.

He characterized guilt as a destructive emotion, one that immobilizes, makes one feel "torn up" inside, and prevents growth.

Asserting that feelings come from thinking, Sandbek told the group of about 20 parents and gay people that remarkable changes in feelings come about when people change their thinking about a subject.

Parents who feel guilty about their children's homosexuality can relieve themselves of the burden of guilt if they can learn the truth about homosexuality. Armed with facts instead of myths, they can re-establish good relations with their children.

In a short business meeting after Sandbek's presentation, PFLAG coordinator Merrill Follansbee introduced James K. Graham, editor of The

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Opinion

Scruffy People Have No Rights

By JAMES K. GRAHAM

Peter Schrag, Associate Editor of The Sacramento Bee, unleashed a blitz against gay people—actually, he prefers the word "homosexuals"—in a column on the Bee's editorial page on July 7.

In one 20-inch barrage of homophobic verbiage masquerading as "good common sense," Schrag managed to lump "homosexuals" together with "all sorts of scruffy or otherwise unpopular people," including Nazis, Communists, pornographers, Klansmen, and criminals. He also implied that the civil rights of gays and lesbians are less important than, and not the same as, the civil rights of other people.

What prompted Schrag's attack on gay people and their rights was a lawsuit brought by the American Civil Liberties Union against the Southern Pacific railroad on behalf of a gay employee, Lawrence Brinkin. When his lover died, Brinkin was denied paid leave to attend the funeral. The railroad and the union representing the employees agree that the three days' leave guaranteed "in the event of a death in the immediate family" applies only to husbands or wives.

Representing Brinkin, who was denied help by his union, the ACLU argues that the railroad's policy discriminates against gay employees. The suit claims that it violates San Francisco's ordinance banning discrimination in employment on the basis of sexual orientation and state law forbidding discrimination in employment on the basis of marital status. The suit seeks an order that will require the railroad and the union "to draw up a rational, non-discriminatory funeral leave policy."

Citing the ACLU's "enthusiasm for marginal causes," Schrag calls the lawsuit "stupid," "a dilly," and "silly. . ., particularly at a time when fundamental civil liberties and due process are once again under sharp attack and when the legal and financial resources to resist those attacks are getting scarcer every day."

He asks, "would civil liberties in this nation really be in jeopardy if only legally married people at SP were allowed three days off to attend the funeral of someone 'in the immediate family'?"

Schrag doesn't stop there. He really piles it on, asking a few paragraphs later, "does the ACLU really have the manpower, time, and resources to pursue such trivia?"

After enumerating some of the serious threats to civil liberties now facing us, such as the recently-passed Proposition 8 and other right-wing attacks on constitutional protections, Schrag asks, "in the light of all that, is there still time for the rights of homsexuals to get paid time off to attend the funerals of their lovers?"

Perhaps Schrag thinks he's seeing the big picture, but if he is, it is seriously distorted by his homophobia. It is as though he is seeing the issue—and maybe many other issues as well—through myopic, astigmatic lenses. And because he's worn those lenses for so long, and because no one has ever diagnosed his visual handicap (since it's virtually epidemic in our society), he probably doesn't even know how distorted his view is.

But what is Schrag really saying? He's saying that there's a fundamental difference between the rights of gays, lesbians,and other "scruffy and unpopular people" and the rights of "normal" people. This is diametrically opposed to the beliefs upon which our republic was founded and which we celelbrated just three days before his essay was published. What is that phrase? Something about "all men (people) are created equal" and being endowed with "certain unalienable rights."

But maybe Jefferson, Franklin, and Adams didn't really mean to include "homosexuals" or blacks or women or Asians or Latins or "scruffy and unpopular people."

We believe that they did. And we believe, as does the ACLU, according to Schrag, "that if their rights are denied simply because of who they are then no one's rights will be safe."

We challenge Schrag to re-examine his reasoning, to get beyond his evident dislike and apparent ignorance of lesbian and gay people. We challenge him to take off his distorting lenses and to see clearly that a threat to anyone's civil rights, no matter how "trivial," is a threat to eveyone's civil rights.

Schrag owes the lesbian and gay community an apology. But more than that he owes all his readers an apology. Essays like his can lull people into complacency so that they fail to recognize danger until it is too late.

We suggest that it is not, after all, so long a step from denying funeral leave to instituting preventive detention. If you agree to the premise that certain groups of people are unworthy of equal rights, you open the door for the elimination not only of their rights but even of their existence. ★

A Badge of Honor

In the first few weeks of our existence, The STAR apparently has acquired a reputation for being "political." And apparently certain segments of our community regard being political as the kiss of death.

Let's take a look at these ideas. The primary commitment of The STAR is reporting the news. A good deal of the news is political—take a look at any newspaper. So, in that sense, The STAR is political.

There's also community politics—organizations, groups, businesses, projects, and how they work with and against each other. As a community newspaper, we cover these things. Not because we want to stir up trouble, but because we believe that many of our problems stem from incomplete knowledge and faulty communication. The job of a community newspaper is to provide a common channel for communication by reporting everybody's news.

Finally, there's what has been called the "politics of experience." This is the political dimension of our everyday lives. And here "political" means not parties and voting and so on, but the relation of each individual and of groups of similar individuals to each other and to society at large.

This is politics at its most essential and important level. This is the politics of being gay and lesbian in a world that is at best indifferent and more often hostile to the lives and concerns of lesbian and gay people.

We at The STAR would be disappointed if we were not known as political in this sense. We believe that living as a gay or lesbian person is a political action, because our lives have effects beyond ourselves.

Our actions make statements to others about how we think and feel about ourselves and our community. This is true of newspapers as it is of individuals.

What a newspaper includes and what it leaves out, the emphasis it gives to what it includes, the way it reports the news, even the way it looks, makes a political statement.

And this is as it should be. To a newspaper, the label "political" should not be the kiss of death; it should be a badge of honor. ★

STAR Editors Meet to Plan Future Issues

Associate Editor Amber Stewart makes a point to Editor James Graham and Managing Editor Tim Warford during a recent staff meeting of The Sacramento Star. These regular, frequent meetings serve as forums for discussing future features, making assignments, and planning upcoming issues of The STAR.

Letters

Heartfelt Gratitude

Editor:

I would like to extend my heartfelt gratitude to the staff of The STAR. Finally Sacramento has a politically conscious, socially responsible, and astute source of news relevant to the lesbian and gay community.

I especially appreciate The STAR's aware and combative attitude regarding sexism in its reporting, as well as your feminist viewpoint.

SHIRLEE GARDNER

Congratulations

Editor:

Thanks very much for the copies of The STAR and congratulations on its successful launching. Incidentally, wasn't there a Sacramento Star among the long-lost dailies of the city's past?

FRANK McCULLOCH
Executive Editor
McClatchy Newspapers

Supports STAR

Editor:

Congratulations for a new slick publication covering the gay community of Sacramento. I find The Sacramento STAR very enjoyable reading and am impressed with the total presentation.

Keep up the good work! You have my support.

EMPEROR IX, DOUG

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The advertising policy of THE SACRAMENTO STAR is printed on the Advertising Rate Sheet and Advertising Contract of THE STAR. If interested, request these documents from the office of THE SACRAMENTO STAR.

THE SACRAMENTO STAR welcomes letters from its readers. Letters must be signed with the author's name, although pseudonyms will be printed or names withheld upon request. Only letters signed with the author's true name, address, and telephone number will be considered for publication. All letters must be typed, double-spaced, and should not exceed 200 words. THE SACRAMENTO STAR reserves the right to edit all letters for grammar, spelling, length, libelous content, and offensive or inflammatory language. We regret that we cannot return any letters, published or not.

Dignity Conference Considers Gays, the Church

More than 50 delegates and observers attended the convention of Region IX of Dignity, held in Sacramento July 2-4. During the convention, they heard Dr. Josette Mondanaro, Fr. Larry Tozzeo, and other Dignity members discuss issues relating to gays and lesbians and the Roman Catholic Church.

On Saturday evening, July 3, the participants joined in Summerfest at Helvetia Park, sponsored by the Wreck Room. They concluded their stay with a mass of joy and celebration at St Francis Church at 4 p.m. Sunday, July 4.

After welcoming remarks by Region IX Director Dick Hitt and local coordinator Spencer Fields, Saturday's program began with some reflections on gay and lesbian lifestyles and the traditional values of church and family by Dr. Josette Mondanaro. Formerly an official in the State Department of Health, Mondanaro is now with the Santa Cruz Women's Health Project.

She recalled her very traditional Italian Catholic upbringing and made connections between the values it taught her and the values she has developed as a self-accepting lesbian.

"We need to go back," she said, "to the point where we threw the baby out with the bathwater and bring the baby back in," referring to the need to keep community and spiritual values while rejecting oppressive structures.

It is important for gay and lesbian people, she said, to "reconfirm our feeling of connectedness with our community and our families. A lot of us are starving in the middle of the grocery store" for connections and values that we somehow feel we cannot claim as our own anymore.

Saturday's second speaker was Fr. Larry Tozzeo, a dynamic Franciscan priest who was chaplain of Dignity/Sacramento in the mid-1970's. He now serves in San Francisco. Taking as his topic the theme of the convention, "Where will the Spirit lead us?," he focused on the need to maintain a distinctively gay presence in gay people's participation in the church.

Without clearly defining the form that presence might take, Fr. Tozzeo warned against assimilation into the mainstream of the church, saying that "prices are begin paid every time we come closer to the bishop or city hall." He cautioned as well as against isolation—"the ghettoization of gays on Castro and lesbians on Valencia."

He stressed also that the concerns of gays and lesbians are bound up with the concerns of "all of God's people. The true pilgrim knows that his/her brothers and sisters are all the oppressed creating politics, culture, and the church anew."

Dignity, a predominantly male organization, is making strong efforts to reach out to women. This was the theme of a presentation by Tom Carroll of Dignity/Bay Area. He focused on the need for men and the church to overcome sexist thinking and attitudes so that women will feel that there is a place for them in Dignity and in the Roman Catholic Church. Spencer Fields of Sacramento commented, "It really opened our eyes, especially coming from another man."

The role of women in the church and in Dignity is the special concern of Pat, a student at the Graduate Theological Union in Berkeley who asked that her last name not be used. She explained that a lesbian has two strikes against her—she's a woman and she's homosexual—which makes her career especially vulnerable.

Pat says that "gays and lesbians have a prophetic role in the church." By this she means that gay and lesbian people can be models for new structures and emphases in interpreting and carrying out the Christian message.

She contrasts the church as a structure with the church as a community, emphasizing that the church is "the people of God," not bureaucracies and hierarchies. The struggle against the ordination of women, she believes, comes down to a question of "relocating the locus of authority."

Increasingly, people are refusing to see the institution as the locus of authority. "The people," Pat says, "are already living Vatican III, while the institution is beginning to act on Vatican II.

"Locating authority within the community allows us to be in touch with the larger church, but also to be in touch with *our* experience as gay and lesbian Christians."

She advances two suggestions of ways in which lesbian and gay people can work within the church.

First, Pat says, "we must be who we are, and speak from the spiritual authority of our own experience. We can be the loyal *and* disloyal opposition that challenges the church to grow."

Second, "we must take our oppression very seriously. We must not try to deny it. We must take the struggle for justice seriously. That means we must be prophets, challenging all structures that oppress, not just the gay-related ones—starvation, disarmament, social justice.

"As the people of God and the Body of Christ, if a Salvadorean campesino is murdered, part of me is murdered. If a child in Africa starves because we consume too much, I am guilty.

"The commitment to social justice starts in faith and comes out of faith. It is radical love." ★

Phone 'SF Beat' to Hear Latest News

Radio station KRJB in Monte Rio, California, is the first commercial radio station to carry "San Francisco Beat," a daily program of national gay news. "San Francisco Beat" airs three to five times daily on the Russian River-area station.

According to Tom Post of The National Gay Network, the San Francisco-based producers of the program, "San Francisco Beat" can also be heard at any time of day by calling (415) 552-1312. A typical newscast contains about five minutes of news about lesbian and gay people, events, and concerns.

The National Gay Network is seeking sponsors for "San Francisco Beat." Advertisers from Guerneville, Lake Tahoe, and Reno, as well as San Francisco, have bought commercial time to reach the news program's listeners. As provided to radio stations, the show is formatted to allow for local commercials also.

Businesses and organizations interested in sponsoring "San Francisco Beat," and persons with news to report, may write to The National Gay Netowork, 174 Henry Street, San Francisco, CA 94114, or telephone (415) 621-5694. ★

Over 1200 Attend Gay AA Convention, Celebrate Living Sober

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to see this many gays having this great a time—sober!" Almost unanimously, conference participants attributed its success to "spiritual purity and wholeness. The traditions of AA give us something to believe in and a power to transform our worlds."

More than 200 volunteers worked to ensure the success of the conference. The cost was $35,124, and over $10,000 was raised through various efforts in 1981-82. The growth and success of the annual Western Roundups, since the first in 1976, which attracted 250 registrants, has been very encouraging to those involved. The organizers of this year's gathering proudly announced, "Our numbers are doubling. Gays are finally learning how to live sober and enjoy their individuality."

Living Sober is an organization of gay men and lesbians separate from, but approved by, the General Services Office of AA. Living Sober aims "to provide a sober environment for the gay community . . . to foster unity among gay alcoholics."

Al/Anon is also a separate organization endorsed by AA. It offers a program of "emotional sobriety and individual recovery for the family and friends of alcoholics." Al/Anon members made up approximately ten percent of those attending the conference.

Fundamentalists Strike in Long Beach

Glendon Drake, vice president for academic affairs at California State University, Long Beach, said July 7 he wants outside consultants to review the Women's Studies Program, which fundamentalist Christians contend promotes lesbianism.

Drake said the program would have been reviewed this summer anyway, but it was in fact not scheduled for a curriculum review by a faculty committee until 1985, according to the report from the Associated Press.

After complaints from evangelical Christians, State Sen. Ollie Speraw, R-Long Beach, attacked the course "Women and Their Bodies" and the part-time instructor, Betty Brooks, 48.

Speraw said Brooks showed students slides of her genitals and suggested they imagine "doing things" with other women in the class.

Brooks has been suspended from teaching at the university.

Sharon Sievers, a tenured history professor on the Women's Studies advisory board, condemned Drake's action as "an incredible, outrageous response to external pressure."

Drake said he worried that the Women's Studies program might focus too heavily on "consciousness-raising and activism."

He implied that helping women understand the reality of their position in society was not "an appropriate role for a university department."

Women's Studies director Sondra Hale has not had her two-year contract renewed since it expired in spring.

Objections by moral conservatives led to the recent resignation of Barry Singer, a Long Beach campus professor whose "Psychology of Sex" course offered students credit for participating in group sex and gay encounters as well as more conventional activities like marriage encounter groups. ★

Locals Reply to Bee

Sacramento's lesbian and gay community responded rapidly to an essay by associate editor Peter Schrag in the July 7 Sacramento Bee. Schrag's commentary, entitled "The ACLU's Gay Funeral Case," is discussed on page 2 of this issue of The STAR.

Lisa Brand of Sacramento called The STAR on the morning the piece appeared, urging a public response from this newspaper and personal responses from the staff and friends.

Jane Sooby of Citrus Heights wrote The Bee and sent The STAR a copy of her letter. She wrote, "I hope that in the future The Bee will recognize that gay and lesbian activities and concerns *are* relevant and important to anyone interested in equality and fairness for all."

STAR Editor James Graham sent proofs of the editorial that appears in this issue to Schrag and to Bee Ombudsman Art Nauman, urging a retraction and an apology. ★

Parents and Friends

From Page 1

STAR, who briefly spoke about what he termed "Sacramento's newest and timeliest newspaper for the lesbian and gay community."

The group discussed plans for future programs, including a panel of representatives of religious groups for the August 3 meeting. Speakers from Dignity, Seventh Day Adventist Kinship, the Sacramento outreach of Jewish Congregation Sha'ar Zahav, and the Presbyterian General Assemby will discuss current attitudes toward homosexuality in their faiths.

Follansbee also announced the first international convention of the Federation of Parents and Friends of Lesbians and Gays. It will be held August 5-8 in Los Angeles. The theme of the convention is "**Declaring** we are family, **Sharing** our experience, **Caring** about our children."

Participants may choose from among 17 workshops relating to organization of PFLAG chapters, concerns in the gay community, and subjects of general interest involving homosexuality. A banquet on Saturday evening, August 7, will honor the films "Victor/Victoria," "Making Love," and "Personal Best" with the organization's Oscar Wilde Awards.

For more information about PFLAG and/or the convention, call Merrill Follansbee, 428-4348, or write Parents FLAG, P.O. Box 24565, Los Angeles, CA 90024. ★

Interview

Sarah Stinson:
Helping Others to Help Themselves

By AMBER STEWART

Massage therapy has become increasingly popular in the past few years. Having lived for quite some time under the precept that it was for athletes only or a coverup for other activities, massage has finally come into its own. Sarah Stinson has been a member of this group of professionals for quite some time, and offers our community a much-needed service.

I met with Sarah on a Sunday morning in her studio, a comfortable room with sunshine streaming in the windows and soft, soothing music surrounding me. My feeling was one of total relaxation and comfort.

Amber: I'd like you to tell me something about your background and why you chose massage.

Sarah: I've been doing massages since about the age of five. I used to rub my mother's back. Then, when I was in high school, I became interested in martial arts, and one of the philosophies of the art is that if one knows how to harm, then one should also know how to heal; so they taught us healing techniques — massage, pressure points; and I began taking classes. I felt I had really found something I enjoyed doing.

Then, at one point, I became ill and felt that I was not getting the kind of health care that I needed from traditional medicine. At that point, someone suggested a change of diet. I tried it and it worked. Within two weeks, I found I was no longer suffering — after three years! I began reading more books and exploring more alternatives to traditional medicine.

"Our bodies are not machines. We must learn to treat ourselves and each other with tender, loving care."

Then, about four or five years ago, at the Whole Earth Festival in Davis, I saw the Holistic Health Institute's booth, and they were teaching massage. I realized that it was something I really wanted to do, but had never known quite how to go about doing it. They offered a work exchange program, so I enrolled in classes. It took a while to finish, but that's essentially how I got started.

A: How long?

S: Well, it took about a year and a half, because the work exchange program is a bit longer than simple massage class, and I had a full-time job, as well. For those who have the time and money, the course could be completed in three to four months.

A: Your credentials are -?

S: I am certified by the State of California as a Bodywork Practitioner.

A: What is the difference between a bodywork practitioner and a massage therapist?

S: It's an unclear area. Basically, a therapist does therapy, and in a sense, treats one therapeutically. According to an instructor at one of the schools, a Massage Therapist must have 500 hours of training, and a masseuse not quite so much, but this is a grey are also. It's all so new, it has not really been clarified as yet. For me, bodywork is different from massage in that any physical activity (swimming, running) is bodywork, but when one makes reference to bodywork in the area of massage, in my mind bodywork is more of a deep tissue kind of work; like restructuring or realigning. Chiropractic, rolfing, Lomi are all bodywork. Massage is more of a relaxant.

A: Tell me something about the Lomi school you are planning to attend.

S: Basically, Lomi is a combination of body-mind therapies. They do a lot of work with the spiritual and body/physical, emotions, energy. Lomi works on four different levels: physical manipulation, deep tissue techniques, energy levels with polarity, and some Shiatsu. They work with the breath, which is bodywork, but very subtle and powerful. They use a lot of Aikido, which is a martial art, but is also a form of bodywork and is on the energy level also. They use quite a bit of Gestalt in the emotional area.

While attending the school, I will do a lot of work on myself, as I feel that the best way I can help others is to know how to help me. There is a whole different feeling about the people who have completed this training. They are some of the most incredible people I've ever known. They can literally be singled out in a crowd; are very compassionate, powerful, warm and open. The school teaches one how to be, how to take care of oneself so that you can be in your natural state. There just aren't very many people in the world who are like that.

I will be able to be a Lomi Associate, which will allow me to practice that kind of bodywork. I won't be licensed to do Gestalt, because that is therapy. But, I eventually plan on going back to school and acquiring my degree, so that I can be a therapist and use bodywork also. I just feel that I have found something to work for, something I know I want to do. It's quite a goal and will take quite a bit of time; they don't accept everyone who applies to the school. They are very selective.

A: What are the prerequisites?

S: One must have done a ten-day silent meditation retreat (which is pretty intense in itself) and have completed what used to be a three-week intensive in their school, both of which I have done. It requires you to go and live in the school with a group of people for three weeks, doing a lot of self-work. The intensive has now been shortened to ten days, because the cost was just so prohibitive at three weeks, and now they can reach out to quite a few more people. They also require a daily discipline; i.e., yoga or meditation.

A: It seems that ten days of silent meditation and three weeks of intensive self-work would require an incredible amount of discipline in itself.

S: It does. The retreat is definitely a discipline, and that's why they require it. The three-week intensive requires a lot of discipline — one must meditate daily — but everything is done in a group. For me it was also fun because I learned so much and felt it really changed my life in so many ways.

"It is important for people to realize that this is more than just coming in and getting rubbed."

A: What do you feel your service offers the community?

S: I feel that I am offering an alternative health care. Actually, it is more that I teach my clients to help themselves. I work on a lot of people, but not everyone leaves with the same results. Some people are really moved and feel the difference, and for others, it is not so intense. And this all comes from how much they are willing to open up — to let go and learn. I can't say I'm helping them — they are helping themselves. I simply give them a technique and a way.

A: But if someone is not feeling well and goes for traditional medical care, isn't it also true that they are only getting as much help as they allow or accept?

S: Yes, but in this culture, we are trained to trust doctors and treat them as gods. What I do is teach my clients self-responsibility. So, in that sense, I feel I am offering a great service to the community — to anyone who comes to me. They can learn to take responsibility for their bodies.

We are not taught to do that. We are taught to go to the doctor and she will give us some pills and we will feel better. But they are treating the symptoms, not the disease.

What I do is help them to locate the problem and look into themselves. If they are willing to do that — the extent to which they are willing to do it will determine the extent to which they can be helped.

Some people come in, have their massage, loosen their tight muscles and they feel better. In that sense, they are being helped also; they got what they came for. I don't think I've had anyone leave here who was not in a somewhat more relaxed state, and hadn't learned something. But I don't always know. It's a vulnerable position for a person to put themselves into, and not everyone can do it easily.

I am aiming, and I believe most of the people in the alternative health care field are aiming, for people to deal with their bodies with preventive maintenance, as opposed to waiting until something is really wrong. This is also conditioning. We don't go to a doctor until we are really ill.

A: Can you tell me something about the benefits of massage?

S: Massage deals with three levels — body, mind and spirit — and works on all of those levels, if one allows it. It's not just coming in and getting the body rubbed. Being able to relax, one is working on the emotional level, also. It also makes one more open to good experience, and alters one's expectation of what is to come; i.e., good/bad energy.

On the spiritual level, when one is more open, it becomes easier to be in touch with spiritual things. I feel it is important for people to realize that this is more than just coming in and getting rubbed. That is not to say that being rubbed is not a good thing, it's simply that one can get a lot more from it, besides the skin contact, which is in itself a really important thing, in that we, as people, need skin contact. If we are denied it, we can become neurotic. Skin contact is extremely good for one's physical and emotional health and well being.

Massage gets rid of muscle tension and also improves muscle tone. It's another form of exercise which does improve the muscles. It improves the circulation and aids the lymphatic system. The lymphatic system deals with the resistance to disease, screens out toxins and poisons from the system. It's really beneficial to the nervous system, just being able to relax and let the circulation happen, be less uptight. It gives a lot of energy and it's easier to let energy flow when one is relaxed.

Everyone can benefit from massage. I do work on a lot of athletes, simply because they are more in touch with their bodies. Massage helps speed up the muscular recovery time, because of the improved circulation. It also improves range of motion, because it relaxes the joints and tendons, so one has more mobility and can, as a result, move more quickly.

A: You are appointment only. Do you have evening and weekend hours?

S: Yes. They simply need to call and make an appointment.

A: You offer sliding scale rates?

S: Yes.

A: Do you see men as well as women?

S: Yes, I see men on referral only. That is simply for self-protection. Massage does have a bad name in this town and I want people who are only interested in the health aspect of the technique.

To sum up, massage is not something to do only when one is sick or sore — it is very good at those times — but it is also beneficial to persons who work in office jobs, physical labor, students, etc.

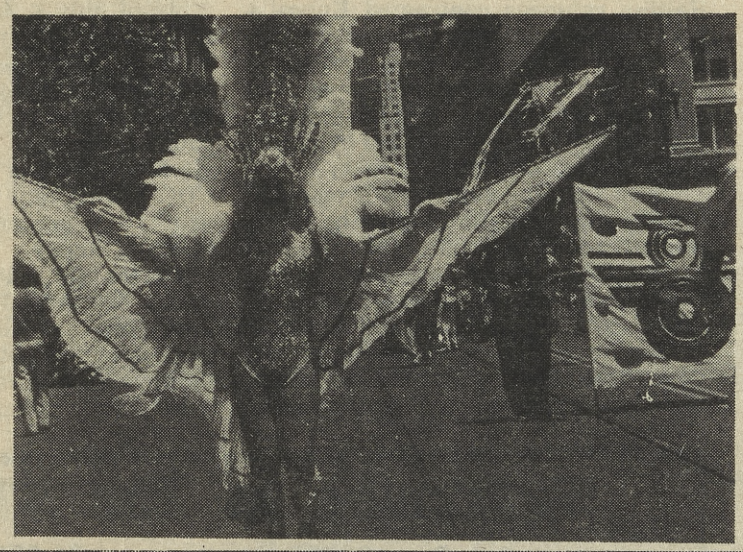
On the other hand, when giving massage, one simply should not do it if one is not into it. I've taught classes in Southern California and on women's retreats, and if a person is not into giving massages, they can easily transfer that energy into the other person, and illness can result. Processing the energy is extremely important.

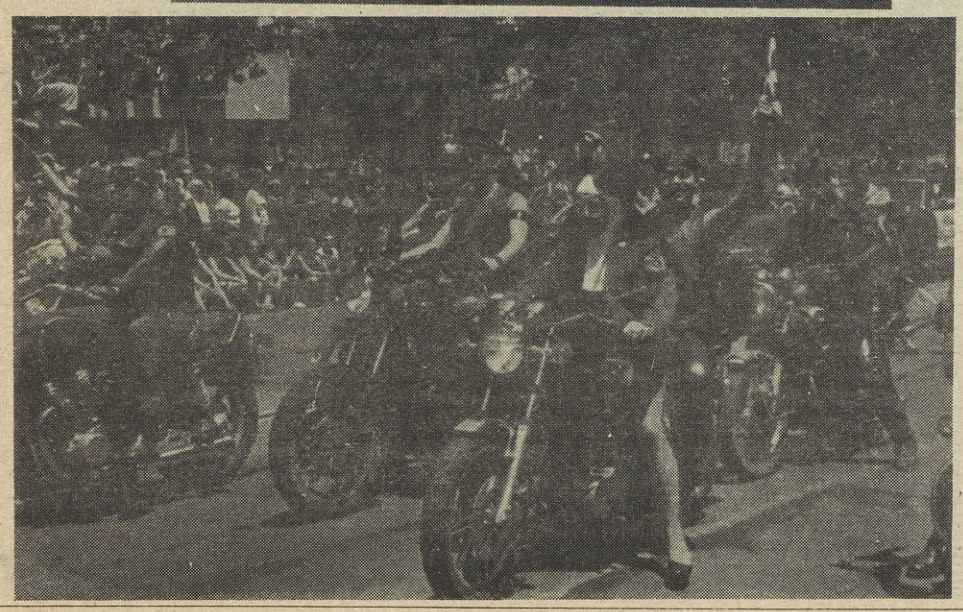
Although I do this for a living, I also do it because that is what I want to do. Our bodies are not machines. We must learn to treat ourselves and each other with tender, loving care.

Appointments with Sarah may be made by calling 455-6830. ★

OUT OF MANY...ONE

1982 san francisco parade





Items

Calling All Thespians

By RICK VAN DYKE

Sacramento/Dignity is collecting newspapers to help raise funds for their host parish, St. Francis Roman Catholic Church.

At the San Francisco parade, we met two women from Both Sides Now, the gay/bi/lesbian community organization on Maui, and got a copy of "The Newsletter," the monthly publication of Both Sides Now. If you're planning a trip to Maui, you can write BSN at P.O. Box 5042, Kahului, HI 96732, or call their hotline at (808) 572-1884.

Overheard at the parade: **Mistresses Carol and Cathy,** striking in their full leathers on a day when leathers were almost as common as T-shirts, telling a woman who was photographing them, "We're from Sacramento; you can find us at the Wreck Room and send the photos to The Sacramento Star."

Attention thespians! Open auditions are being planned for a production of "Frontline," a play about lesbians in the army by **Pam Schaffer.** The cast consists of eight women. For more information, call **Pam** at 448-5315 or **Amber** at 736-0155.

Auditions for another play, "Bull in a China Shop," will be held on Monday and Tuesday, July 26 and 27, at 7:30 p.m. at the Residence Club, 2128 V Street. The announcement says it's a Sacramento Studio of Dramatic Arts production, presented by the Lesbian/Gay Freedom Committee, and directed by **Carl Henry,** a veteran of over 35 years of educational and community theatre throughout the United States.

Word is out that women are being seen at Anna Marie's who haven't been seen out since the closing of the Crescent Moon. And is it any wonder?

Wimmin seeking a "safe place to express our spirituality in a non-sectarian, non-patriarchal, non-sexist fashion" are invited to a weekly celebration of life, love, and womyn-hood at 6 p.m. every Sunday, with a potluck dinner afterwards. Call **Jean,** 736-0113, for more information.

Many thanks to the local newspaperman who donated a light table to The STAR. It's coming in very handy in our photography department.

Belated congratulations to Metropolitan Community Church of Modesto, which celebrated its first anniversary on Sunday, June 13. The **Rev. Elder Freda Smith,** vice-moderator of the Universal Fellowship of Metropolitan Community Churches and pastor of River City MCC in Sacramento, was the guest preacher, and that evening was guest speaker at the meeting of the Stanislaus Gay Alliance.

The Davis Gay Task Force has closed its office for the summer, but you can still call 753-2090 to leave a message. Someone will call you back.

The Valley Knights Motorcycle Club received the 1982 Mother Jeffries Award for community service, reports **Ryder B. Crystall.** The Knights were recognized for their work in staging the annual Christmas Knights variety shows and donating the proceeds to a local gay charity. Proceeds from their beer and soft drink booth at the recent Lesbian/Gay Freedom Fair went to support the efforts of Our Community United to establish a gay community center.

Congratulations to **Ray Dale,** who drew his own business card from the bowl to become a winner at the River City Business Association general membership meeting on Monday, July 12. **Malcolm Falkenberg** of the Continental Motel was also a winner, taking home a relaxation tape donated by psychologist **Ed Hall.** "After last week," he said, "I can use it." With no desk clerks, he and partner **Bill Fellos** kept quite busy running their pleasant, popular West Sacramento hostelry. It's a nice place to put up friends or family from out of town.★

Attorneys to Meet First Thursdays

Sacramento's nascent organization for lesbian and gay attorneys, as yet unnamed, met for the second time on July 1. At that meeting, the group decided upon a regular meeting schedule and gave initial consideration to a plan for an all-gay dispute-resolution system.

The attorneys will meet on the first Thursday of each month. Every third meeting will be held in the evening. In the other months, the group will meet at noon.

The new schedule will take effect with the next meeting. On Thursday, August 5, the organization will meet at 7:30 p.m. in the law offices at 1725 Capitol Avenue.

At that meeting, the group will discuss a proposal to establish an all-gay dispute-resolution system.

According to local attorney Phil Hoskins, originator of the proposal, "The plan would involve a panel of lesbian and gay attorneys who would be available for dispute resolution within the community on a voluntary basis."

This organization invites all attorneys who identify themselves as gay or lesbian, openly or not, to join them at the meeting or to contact them for information. Interested attorneys may call Dorothy Thomson at 442-4642 or Phil Hoskins at 444-9939.★

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NWML Provides Feminist Network

The National Women's Mailing List (NWML), a project of Women's Information Exchange, celebrates its first official mailing this month, after a year of grassroots organization and sustained effort.

Over 250 thousand NWML registration forms were distributed, in an effort to achieve a broadly based communications network. NWML links feminists with resources and information of common interest by offering mailings from a resource bank of nearly 5,000 feminist-oriented organizations and businesses.

Besides serving as a vehicle to promote solidarity among women, NWML offers many possibilities to lesbians. It broadcasts the voices of women in an expedient and ever-broadening fashion, and can be used to develop coalitions among individuals, groups, and organizations dedicated to feminist concerns.

NWML is exclusively a feminist mailing list, supported solely by contributions from participating feminists. It is not available to commercial mailers, except women's businesses.

For registration or further information, contact National Women's Mailing List, 1195 Valencia Street, San Francisco, CA 94110.★

LA Bookstore Adds Catalog, Old Books

A comprehensive new mail order catalog of lesbian and gay literature, a special collector's section of used books, and appearances by authors are in the news from A Different Light bookstore in Hollywood.

A Different Light, in the newly-gay Silverlake district, is one of California's finest bookstores dedicated to books by and about lesbians and gay men. It also features "the area's most complete phonograph record collection with gay/lesbian themes," and a large selection of greeting cards, gay guides, and art posters.

In the past, the bookstore has not emphasized its mail order business, but has mailed a bi-monthly newsletter telling about new books and events at the shop. Now, they are offering an annotated mail order catalog, calling it "as comprehensive a listing of gay and lesbian titles as we've seen anywhere." The bibliography is priced at $1 to help defer postage and printing costs. To order a copy, write A Different Light bookstore, 4014 Santa Monica Boulevard, Hollywood, CA 90029.

Also new for A Different Light is a section called "The Antiquarian Bookshelf." It is stocked entirely with used books priced mostly from $4 to $15, including many rare and hard-to-obtain titles. The selections include both gay and non-gay books by lesbian and gay authors.

A Different Light regularly sponsors receptions and autograph parties for authors.★

Health

Refugees Get 'Gay' Illnesses

Haitian refugees have come down with a rare cancer and other life-threatening infections that have recently reached "epidemic" proportions in certain populations of gay men and drug abusers, according to an Associated Press report.

The national Centers for Disease Control said that 34 previously healthy Haitian refugees contracted Kaposi's sarcoma, a rare skin cancer usually seen in the elderly, and a number of other infections that usually appear in people whose bodies' natural disease-fighting network is weakened by chemotherapy or transplant surgery.

But a startling number of previously healthy gay men and people who inject illicit drugs recently have fallen victim to Kaposi's sarcoma and other infections because their immune systems collapsed for some unknown reason.

Gay men who have frequent sex with strangers and often use drugs have an increased risk of immunity breakdown and subsequent disease, but the two habits may not be the direct cause, the CDC has reported.

The Haitian cases were reported in Florida, New York, Georgia, California and New Jersey, but it was uncertain whether the infections began in Haiti or were acquired in the United States, the CDC said.

As of July 8, 452 cases of Kaposi's sarcoma or other life-threatening infections had been reported in previously healthy people in the United States since the CDC began keeping count, said Dr. Peter Drotman, a clinical services consultant at the CDC. Thirty-nine percent resulted in death; 75 percent involved gay or bisexual males.

Of the 452, 142 had Kaposi's sarcoma, 233 had Pneumocystis carnii pneumonia, 34 had both, and 43 had some other infection, such as central nervous system toxoplasmosis, a parasitic brain disease, the CDC said.★

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STAR Photo by Amber Stewart

STAR Editorial Advisory Board Meets

STAR Editorial Advisory Board members Lisa Katz and Sandy Pomerantz have a lively exchange of information at the gathering of the Editorial Advisory Board at La Semilla Cultural Center on Sunday, June 20. The informal event afforded board members to meet each other and the staff of The STAR, and to share ideas and opinions about the community's needs and the ways in which the newspaper can meet them. About 20 members of the staff and the board attended. Refreshments were catered by Jason Lindo, and included a fresh pineapple, papaya, and banana salad, lychees stuffed with cream cheese, strawberries with a yogurt-honey dip, and a cheese tray with Hawaiian saloon pilot crackers.

Gay Adoption OK to Create 'Family Unit'

A New York state appeals court has ruled that a gay man may adopt his lover to formalize their "family unit," according to the Associated Press. A dissenting judge said lawmakers, not courts, should make such decisions.

In a 4-1 ruling July 8, the Appellate Division of the New York State Supreme Court overruled a Family Court decision and said state law does not permit the court to deny a petition for adoption based on its opinion of what constitutes a family.

The Family Court had rejected an adoption petition by a 32-year-old Manhattan man—identified as Mr. S—on the grounds that approval would violate the intent of the state Domestic Relations Law and would not create a parent-child relationship.

The decision by Mr. S to adopt his 43-year-old lover, identified as Mr. H, was partly motivated by fear of eviction from their apartment. The lease stipulates that only members of Mr. H's immediate family may live there.

Noting that the two men have lived together for three years, the appeals court said they were not seeking the adoption in order to cultivate a sexual relationship.

"They wish to formalize themselves as a family unit, for the purposes of publicly acknowledging their emotional bond and more pragmatically to unify their property rights," the opinion said.

"They wish to remain in the apartment and purchase it when it does go co-op. This is not a frivolous consideration."

In his dissent, Justice Joseph Sullivan said, "If the homosexual relationship is to receive legal sanction as a family unit, such recognition must come from the legislature and not the courts through the guise of adoption."★

Methodists May Oust Man from Board

Delegates to a United Methodist Church conference in Austin, Texas, have been asked by Bishop Ernest Dixon to decide by August 1 whether they want to meet again to reconsider the election of an openly gay man to an important church board, according to a July 12 Associated Press report.

Troy Stokes, 37, was elected to the 30-member Church and Society Board of the church's Southwest Texas Conference last month. The board studies social issues and recommends to the conference what positions the church should take.

Several churches have passed resolutions condemning the action and some have voted to withhold money from the conference until Stokes is removed from the board.

Bishop Dixon said he thought Stokes "would make a good addition to the board to help us deal with gay issues."

Stokes said he will not resign and does not think the conference will vote to reconvene.

"What I've got to do is show them I'm being conscientious about what I was selected to do," Stokes said.

The Rev. George Ricker, pastor of the Austin church where Stokes teaches Sunday school, and chairman of the Church and Society Board, said several people are "very disturbed" about Stokes' election.

Ricker said Jesus "is open to people of all lifestyles, religions and races — that is what the Gospel tells us."

Stokes said he does not want to recruit other homosexuals to join the church but to be "helpful to the gay people who are already here."★

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Gay Press Group Starts Wire Service

The Gay Press Association inaugurated a computer-based wire service for the gay news media at its Memorial Day weekend convention in Denver, according to a report in the June 28 issue of Publishers' Auxiliary, the publication of the National Newspaper Association.

The Gay Press Association is an allied member of the National Newspaper Association.

Nearly 100 publishers, editors, writers, and others involved in gay media watched as the first dispatch was filed from Denver to the host computer at GPA's New York headquarters. From New York the story was transmitted over telephone lines back to the convention and printed out as it will be in regular wire sevice operations.

The first gay newspapers are expected to be on-line to the wire service by the end of August. In addition, said GPA President Joseph DiSabato, a general-circulation metropolitan daily has expressed interest in the service.

Softball Schedule for GSL and SWSL

July 16	5:30 p.m.	Curtis Park	SWSL	Sandpipers vs R.C. Ruggers
July 18	12 noon	Ninos Park	GSL	Wreck Room vs Phone Booth
July 18	12 noon	Curtis Park	SWSL	Las Patas vs Crazy Razor
July 18	2:00 p.m.	Curtis Park	SWSL	W.O.C. Girlfriends
July 23	5:30 p.m.	Curtis Park	SWSL	Crazy Razor vs Girlfriends
July 25	10:00 a.m.	Ninos Park	GSL	Parking Lot vs Fickle Fox
July 25	11:45 a.m.	(T.B.A.)	GSL	Wreck Room vs Cafe San Marcos
July 25	12 noon	Curtis Park	SWSL	Boogens vs New Horizons
July 25	2:00 p.m.	Curtis Park	SWSL	Sandpipers vs W.O.C.
Aug. 1	11:45 a.m.	Balboa #2, SF	GSL	Parking Lot vs Pilsner Inn
Aug. 1	12 noon	Curtis Park	SWSL	W.O.C. vs New Horizons
Aug. 7-8	Sacramento Women's Sports League Tournament			
Aug. 8	11:45 a.m.	Jkson #2, SF	GSL	Parking Lot vs Pendulum
Aug. 8	12 noon	Ninos Park	GSL	Wreck Room vs Stallion
Aug. 15-16	Gay Softball League Playoffs			

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Djuna Barnes Dies, Last Luminary of a Golden Age Goes Out

By JOYCE BRIGHT

The death of Djuna Barnes on June 18 brought a lump to my throat. At the age of 90 she had, of course, far outlived the age she participated in. But she was, to my mind, the last remaining luminary of that age, and her death brings it back to me again.

Picture an afternoon garden party at Natalie Barney's. Through the party, on a white horse harnessed with emeralds, rides Mata Hari nude. Think of Colette locked up in her room writing books about Claudine. Renee Vivien languors through another opium party. This is the age of Radclyffe Hall, Andre Gide, Rainer Maria Rilke, James Joyce, Isadora Duncan, Gertrude Stein, and Romaine Brooks. They all knew each other.

It was at this time that Paul Morand waltzed past Natalie Barney one night at the Bal des Petits Lits Blancs and said, "Proust is longing to meet you." It was a golden age for letters: It was a golden age for living.

Djuna Barnes was a part of it. At one point, Barnes was considered the most important woman writer in Paris for her novel, "Nightwood." Her friend T.S. Eliot wrote the introduction to her novel. Indeed, that novel was written with the same "mea culpa" sentiment as "The Well of Loneliness," but with a difference. The writing was exquisite, lyrical.

In a lighter vein, Barnes wrote "The Ladies Almanack" under the pseudonym of "A Lady of Fashion." This novel was a burlesque of Natalie Barney's circle of lesbian friends. Barnes wrote of Barney: "She was so much in Demand, and so wide famed for her Genius at bringing up by Hand, and so noted and esteemed for her Slips of the Tongue..." Can you think of another lesbian so noted for her cunnilingual expertise?

So an age is gone forever. Djuna Barnes' death punctuates its passing. It was an age when wit and angst richly mixed with romantic sentiment and an unabashed zest for living. And I grow nostalgic for an age I never knew, one I can only read about.

God bless the writers! ⋆

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Calendar

Wednesday, July 14

⋆ The STAR is published.

⋆ Man Two Man. 7:30 p.m. 392-4128 for info.

⋆ Sacramento Men's Collective open rap. La Semilla. 7:30 p.m. Call 985-9669 for information.

Saturday, July 17

⋆ Dignity Photo Show outing. Crocker Art Museum. 2 p.m. For info. call Steve, 442-4118.

⋆ Women Over 35 potluck. For time and place, call Lenore, 344-7271.

Sunday, July 18

⋆ Valley Knights Motorcycle Club open meeting. Mercantile Saloon. 2 p.m.

⋆ Wimmin's Celebration. Non-sectarian, non-partriarchal, non-sexist spiritual worship. Women only. Potluck afterwards. 6 p.m. Jean, 736-0113, for information.

⋆ Sacramento Men's Collective potluck. 6 p.m. Call 985-9669 for information.

Tuesday, July 20

⋆ Capitol City Squares. Parking Lot. 7 p.m.

Wednesday, July 21

⋆ Deadline for The STAR.

⋆ Sacramento Men's Collective business meeting. 7:30 p.m. Call 985-9669 for information.

⋆ Man Two Man. 7:30 p.m. 392-4128 for info.

Friday, July 23

⋆ CSUS Lesbian/Gay People's Union Potluck. 7:30 p.m. Call Herman, 381-8541, for info.

Saturday, July 24

⋆ Dignity afternoon at the movies. Sunrise Mall Cinema. 1:30 p.m. For info. call Steve, 442-4118.

Sunday, July 25

⋆ Wimmin's Celebration. Non-sectarian, non-partriarchal, non-sexist spiritual worship. Women only. Potluck afterwards. 6 p.m. Jean, 736-0113, for information.

⋆ CSUS Lesbian/Gay People's Union board meeting. 7:30 p.m. Call Herman, 381-8541, for info.

Monday, July 26

⋆ Bowling. Land Park Bowl. 6:30 p.m.

⋆ River City Business Association board meeting. Incredible Edible. 6 p.m.

⋆ Man Two Man movies at home. Call Jim, 391-9755, or Larry, 452-0769.

Tuesday, July 27

⋆ Capitol City Squares. Parking Lot. 7 p.m.

Wednesday, July 28

⋆ The STAR is published.

⋆ Sacramento Men's Collective open rap. La Semilla. 7:30 p.m. Call 985-9669 for information.

⋆ Man Two Man. 7:30 p.m. 392-4128 for info.

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⋆ Power Plant ..... 21st & S Street
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⋆ Steamworks ..... 2551 5th Street
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⋆ Tower Books ..... 16th & Broadway
⋆ Tower Theatre ..... 16th & Broadway
⋆ Wreck Room ..... 925 20th Street

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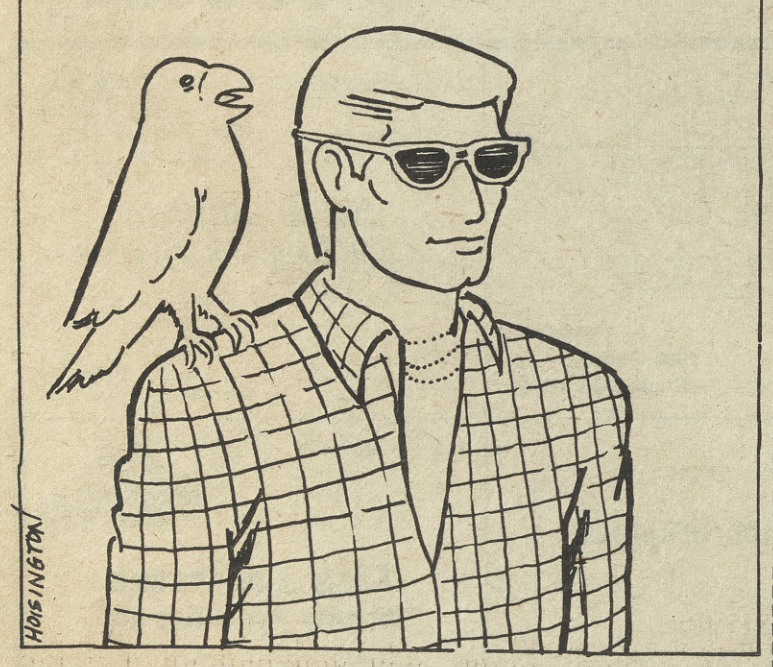
LAVENDER HEIGHTS *By G. HOISINGTON*



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